



# ALBERTA GYMNASTICS FEDERATION MEN'S TECHNICAL ASSEMBLY MEETING

Sunday October 18, 2015  
9:00 am – 11:30 pm  
Westin Hotel  
Calgary, AB

## MINUTES

### Attendance:

Rob DeAtley	Calgary Gymnastics Centre (CGC)
Jamie Ellacott	Judging Chair
Randy McMullen	Twist and Flip (SGC)/Provincial Stream Representative
Travis Oxley	Gymtastics (Gym)
Merle Pyke	West Wind Gym Club
Miguel Costante	Capital City Gymnastics Club (CCGC)
Kelly Mock	Canmore Illusions Gym Club (CIGC)
Nadov Simenauer	Altadore Gymnastics Club (AGC)
Wesley Chirima	Calgary Gymnastics Center (CGC)
Scott Rayment	Calgary Gymnastics Center (CGC)
Cat Fontaines	Spruce Grove Aerials (SGA)
Jie Wang	Exelta Gymnastics Club (Exelta)
Chris Michel	Ortona (Ort)
Charlie Morton	Wetaskiwin Gym Club (WGC)
Kelly Baird	Dynamyx Gymnastics (DYN)
Derek Hanson	Men's Program Coordinator, Alberta Gymnastics Federation (AGF)
Jack Payne	AGF Board of Directors

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### 1.0 Call to Order

The meeting was called to order by D. Hanson at 9:00 am

1.1 Official Welcomes and Introductions  
Welcome to first time club Wetaskiwin and coach Charlie Morton

1.2 Approval of Agenda

WW/Canmore

**MOTION: "To approve the agenda with additions."**

**ACCEPTED**

1.3 Approval of Minutes of the last Annual Meeting, Sunday, October 19, 2014.

Dynamyx/Gymtastics

**MOTION: "To approve the minutes from the Sunday, October 19, 2014 meeting."**

**ACCEPTED**

## 2. Report

- 2.1 Report from Men's Technical Chair – J. Woodnick  
See attached
- 2.2 Report from Judging Representative – J. Ellacott  
See attached
- 2.3 Report from Provincial Stream Representative – R. McMullen  
See attached.

## 3. New Business

- 3.0 Elections  
As per the new AGF Election Procedures the following people were named to their position by acclamation
  - Travis Oxley – Technical Chairperson for a 1 year term (to replace Jason Woodnick who has stepped down half way through his 2 year term)
  - Jamie Ellacott – Judging Representative for a 2 year term
  - Wesley Chirima – Provincial Stream Representative for a 2 year term
- 3.1 Provincials 2016  
It is confirmed that the 2016 Alberta Gymnastics Championships will be held at in Fort McMurray on April 15-17, 2016.
- 3.2 WCSG 2015 Review
  - Specific MAG competition was a very well run event
  - Over all Games was a great experience
  - AGF was very pleased with process (ie trials, training camp etc)
  - Alberta won Team Silver and won 10 individual medals
  - Artistic Gymnastics is NOT included in the 2019 WCSG in Sask.
- 3.3 CWG 2015 Review
  - As above regarding the competition
  - Alberta was 4<sup>th</sup> in the team award and won 2 individual event medals
  - 2019 Canada Winter Games will be in Red Deer, Alberta
- 3.4 2015-2016 MAG Calendar of Events

Please see attached Calendar of Events (and AGF webpage).

**ACTION: D. Hanson to finalize and circulate Calendar of Events.**

**ACTION: W. Chirima to develop the details for the Provincial Level training camp.**

**ACTION: D. Hanson to contact GCG regarding screening for Elite Canada**

- 3.5 2015-2016 MAG Handbook
- The 2015-2016 MAG Technical Handbook will be updated T. Oxley and D. Hanson by mid-November
  - Clarification for Canadians – According to the pathways document if a province does not have a full Novice team they may fill the remainder of team with P5's
- 3.6 GCG Update (Tony Smith, National Team Director)  
T. Smith not in attendance. D. Hanson updated everyone on Staff changes at GCG and greatly improved communication
- 3.7 Transportation to Westerns 2016 and Canadians 2016
- D. Hanson explained that since Westerns are in Richmond BC and Canadians are in Edmonton, travel will be club based, it will be the clubs responsibility to ensure that all of their athletes arrive on site by the appointed time to be determined at a later date.
- 3.8 2016 AGF Fall Congress  
The following was suggested by the assembly as idea's/presenters for the 2016 AGF Fall Congress
- Injury Prevention – Steve Resta and/or Christopher Plummer
  - Sport Psychologist dealing with fear
  - Have Mizoguchi return (can also do another event and maybe discuss US J.O. Program)
- 3.9 AGF Budget  
D. Hanson presented how the budget and the MAG Operational Plans work. As always if anyone is interested the AGF MAG budget please contact Derek Hanson to set up a meeting.
- 3.10 Coach Mentorship Program  
Ante Mcic from Spruce Grove Aerials is no longer in the country so we are looking for new applications for the Mentorship program

**ACTION: D. Hanson to forward application forms**

- 3.11 NCCP/Police Checks and Intervention Checks
- Friendly reminder to make sure all coaches have their proper NCCP certifications in place to be on the floor at AGF sanctioned events.
  - The following is the Policy regarding Police and Intervention Checks
    - 21.3.1 This policy will be effective for 2015 and beyond:
    - a) By March 1, 2016 all AGF appointed coaches and volunteers who plan on holding positions with provincial teams for the current year must have submitted to the AGF office a document that proves that the coach or volunteer has applied for a current PRC and IRC. The completed PRC and IRC must be received by the AGF office prior to the event/competition registration deadline.

- b) At its sole discretion and on a one-time basis, AGF may identify as designated categories certain volunteer positions at major events hosted by AGF, and may request PRCs and IRCs from such volunteers.
- 21.3.2 PRCs and IRCs are valid for a period of **3 years** from the date of the completed PRC and IRC. Notwithstanding this, AGF may at any time request that an individual in a designated category provide an updated PRC/IRC if AGF has grounds to believe that the results of the PRC/IRC obtained previously are no longer accurate.
- 21.3.3 For coaches and volunteers who submitted a valid PRC and IRC in 2014, the provisions of paragraph 21.3.2 will apply such that a new PRC and IRC will not be required until 2017 unless requested by the AGF in accordance with that paragraph.

3.12 Reforming the Men’s Technical Committee (MTC)

After an informative conversation the Men’s Assembly are happy how things run currently (where everyone, every club) has a say. Alberta Men’s Gymnastics will remain as an Assembly

**4.0 Adjournment**

WW/Ortona

**MOTION: “To adjourn the October 18, 2015 Annual meeting at 11:30 AM.”**

**ACCEPTED**

Next MTA Meeting: January 16 or 17, 2016 in conjunction with 1<sup>st</sup> Trials / GymPower Invitational.

Location: Edmonton, Alberta

# MAG Alberta Gymnastics Annual Report for AGM 2014/2015

The 2014-2015 competitive season was a strong year for the MAG program in Alberta. There were a total of 239 male athletes registered with AGF for this year.

## Clubs

14 Alberta clubs are registered with AGF with a men's competitive gymnastics program, including the newest addition – Spruce Grove Aerials.

## Judging Courses

Alberta had a total of 27 active judges in the province including 5 FIG judges. AGF (Jamie Ellacott) also created a webinar based Entry Level Judging course which was very successful.

## Provincial Pathway

The provincial program was busy with 8 invitational meets across the province, as well as Provincial Championships in Lethbridge and Westerns in Okotoks. A provincial level training camp was hosted at Capital City Gym Club in Edmonton.

## Elite Pathway

There were approximately 34 athletes in the new Elite Stream Pathway; many participated in invitational's, a HP training camp in Calgary at CGC and Provincial trials (GymPower in Edmonton and the U of C International Cup in Calgary) to Canadians and Provincial Championships.

## Domestic Competitions

Alberta athletes competed in Canada Winter Games (Prince George, BC) Elite Canada (Trois-Rivieres, Quebec – Feb), Alberta Provincial Championships (Lethbridge – April), Western Canadian Championships (Okotoks - May), Canadian Championships (Gatineau – May). Alberta won numerous medals in individual events at all of the competitions. Participation in these events included:

**1) Canada Winter Games** – Alberta was 4<sup>th</sup> in the team award and won 2 individual event medals

**2) Elite Canada** – 8 Seniors from 4 different clubs attended Elite Canada in Trois-Rivieres, Quebec.

**3) Provincial Championships** – 165 Provincial and Elite stream athletes took part at the Provincial Championships in Lethbridge, AB.

**4) Westerns** – 27 Athletes competed at the Western Canadian Championships in Okotoks, Alberta winning a total of 4 Silver Medals in the Team events, 2 Gold and 2 Silver in the All Round categories and 7 Gold , 24 medals in the Event Finals.

**5) Canadians** – 18 athletes competed at the Canadian Championships in Gatineau. For highlights please see attached results.

## National Team

Alberta had 4 athletes on the Senior National Team

## **SPECIAL NOTE**

This year is also quite significant with Nathan Gafuik announcing his retirement.

## **International Competitions**

Alberta National Team athletes competed at the following competitions during the 2014-15 season:

Jackson Payne

- Pan Am Championships, 4th on High bar
- World Championships, 27<sup>th</sup> AA, 14<sup>th</sup> Team
- Toyota World Cup, Bronze on High Bar (December 2014)
- Gold medal on high bar, gold medal on p bars at Stanford international challenge (Stanford university February 2015)
- Named to the 2015 Pan Am Games Team

Kevin Lytwyn

- Commonwealth Games- Silver on Rings, Bronze on High Bar, Bronze Team
- World Championships- 14th Team
- Named to the 2015 Pan Am Games Team

Damien Cachia

- Stanford Invitational (Feb 2015)

## **MAG Highlights from 2015 Canadian Championships (Gatineau)**

Jackson Payne – Senior – CCGC

GOLD – All Around, GOLD – Parallel Bars, SILVER – High Bar

Kevin Lytwyn – Senior – U of C

GOLD – High Bar, SILVER – Rings, SILVER – Vault, BRONZE - Floor

Damian Cachia – Senior – U of C

GOLD – Vault

Noah Stretch – Open – U of C

GOLD – All Around, BRONZE - Rings

Conner Trepanier – Open – Exelta

BRONZE – All Around, BRONZE – Pommel Horse

Brad Earl – Open– U of C

GOLD – Rings, BRONZE – Floor

Baussion Melvin – Open – U of C

Gold (Tied) – Vault

Callum Sundquist – Open – Ortona

SILVER – High Bar

Alberta Team – Open

Team GOLD

Team Members: Sasha Semeniuk (Ortona), Baussion Melvin (U of C), Graham Kelly (U of C), Conner Trepanier (Exelta), Alan Ng (Exelta), Callum Sundquist (Ortona), Brad Earl (U of C),

Noah Stretch (U of C).

# Judges Report – Jamie Ellacott

## Upcoming Courses

### National Course

- Nov. 27-29
- Shell training centre downtown Calgary
- Cost TBD
- Chris Grabowecky, Ray Heiderich, Mark Heiderich course conductors
- For provincial level judges or ask Jamie for approval
- Judges must know whole code of points, scripting not required
- Practical video exam and written exam

### Online Regional course

- Dec. dates tbc
- Entry level judges or experienced athletes/coaches
- Covers an introduction to D scores, judges will learn all "A" skills in the code of points and select "B" skills
- Video exam

### Online Entry course

- Nov. dates tbc
- no experience necessary
- Video exam

## Plan for coming year

We will have more judges this year. Goal is to have panels completed two weeks before competition date.

Priority will be given to judges that live closest to competition city.

## **Suggestion for level 1 and 2**

- Make level 1 and 2 routines out of 15
- FIG deductions .1, .3, .5, 1.0
- Judges are expected to come out of entry level course being able to judge execution for levels 1-4, often levels 1-4 are combined in the same session
- It doesn't make sense to teach 3sec holds with 1 tenth off per sec when that's not how it's judged in any other level
- It also says several steps or hops .2-.3, in FIG it is small or medium deduction per step or hop up to a maximum of a fall (1.0 for FIG)



## Men's Provincial Report

We had a great year with the start of the year beginning with a Provincial Camp at Capital City that was one of the best Provincial Camps in years. We had a new MAG gymnastics club join the AGF family.

Many great invitationals were held in Alberta. Provincials that were held in Lethbridge were another great success. The 2015 Western Canadian Championships were held in Alberta with many great results from our men's athletes. Go Alberta Go!!!

More recent news is that another gym club has opened just outside Medicine Hat in Redcliff called Twist

& Flip Gymnastics. WestWinds and Canmore have moved into new facilities. 2016 Provincial Championships in Fort McMurray and the Canadian National Championships will be in Edmonton for all our Provincial boys to go watch some amazing gymnastics before the 2016 Olympics Games.

I would like to thank Derek and everyone who has helped me/us deliver great provincial gymnastics in Alberta.

Sincerely,

Randy McMullen